

# FAMILY LIFE

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Edited by Paul Popenoe

## *Understanding the Adolescent*

### *Who is the adolescent?*

He is a human being just as you and I are, but one who is suspended between the two worlds of childhood and adulthood; one world has not completely vanished and the other world is not fully born; to one of these worlds he is saying "goodbye" and to the other he is saying "hello." This period of transition gives to the average adolescent a feeling of uneasiness, of "un-at-homeness," of being on the defensive. Thus, the need for defense mechanisms of various kinds.

Chronologically, the adolescent age range is 12 to 20; psychologically, he is terminating a prolonged period of infancy and childhood; sociologically, he is trying to exchange his childhood dependency for adult independence, but he doesn't want to assume the responsibility that normally goes with adulthood and to give up the care-free life he has had as a child.

### *The adolescent and the adult relationship.*

The adolescent has inner desires, impulses, and emotions which inevitably bring him into conflict with adults. He comes to face with new

demands of society and his home, demands that have been made by adults and which he has had no share in making. Each lives in a world only partly known to the other; each tries to justify his position by discrediting the other through name-calling and other devices. The gap between the two generations grows wider with each decade.

Each needs self-understanding and self-appreciation as well as understanding and appreciation of the other. Self-respect is the door to mutual respect; self-understanding is the door to mutual understanding. Here lies the real problem so far as the adult and adolescent relationship is concerned.

### *Some problem areas of the adolescent.*

- a. How to accept his bodily changes.
- b. How to meet his sexual awakenings and drives.
- c. How to adjust to his sex role.
- d. How to form new friends with friends of both sexes.
- e. How to handle crushes and infatuations.
- f. How to adopt helpful social standards.

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g. How to become free and independent; to control parents.

h. How to select and prepare for a vocation.

i. How to develop a meaningful philosophy of life

j. How to marry successfully and to establish a satisfying home life.

k. How to become an intelligent, cooperative citizen.

*Adolescent wants and needs.*

a. To feel wanted, needed, accepted, and loved by adults as well as by the peer group.

b. To be recognized as a human being and individual.

c. To respect and like their parents without loss of power and mastery; that they no longer consider them as children.

d. Discipline that is fair and just, not too frequent or too harsh, and administered by those who trust, respect, and like them.

e. A home where they can meet and entertain their friends; an increasing ability to make and hold friends.

f. Help with dating problems, shyness and inferiority feelings, interpersonal relations, personality problems, mate selection, preparation for marriage, and how to become emotionally mature.

*The task of the counselor.*

The most important task of the counselor is to understand the wants and needs of the adolescent he is counseling, to be a sympathetic and

understanding listener, a good interpreter of what he hears, and to give the reassurance and support which the adolescent needs. The counselor often becomes the "go-between" between the adolescent and his parents; he must help the adolescent understand not only himself but his parents; and he must help the parents understand their adolescent boy or girl. His task is that of educator, friend, and counselor.

*Techniques to be used.*

a. As in all counseling, establish good rapport. There is no age group where rapport is more important. Deal with them as young adults, man to man fashion, no soft soaping and condescension, no application of authoritarian tactics. Be an adult.

b. Much of the work is education, information giving, so the counseling becomes pretty directive. A good deal of work needs to be done for and with the parents so that they will not only understand the adolescent, but will also understand the part they may be playing in bringing about his present behavior which needs to be changed. Tactfully, the parents need to be made to see that they may be a part of the problem.

c. Get the adolescent to understand right at the beginning that the counselor is not an authority figure who can discipline as well as counsel, that he will not betray confidential material given to him nor reveal information which might be used against him.

d. Guard against moralizing and preaching; sermons and scolding kill, serving only to make the counselor feel good. Help the youngster build up self esteem and the assurance that he can find the solution to his own

problems. Let him understand that there will be no solution imposed upon him.

e. Since the adolescent is falling out of love with his parents in order to build new romantic attachments, be on guard against romantic transference to the counselor. As the counselor shows interest and concern the emotions of the adolescent are likely to be stirred up so that he easily falls in love with the counselor.

f. The counselor needs to be aware of all the many influences that are acting upon the teen-ager and that he is only one of them. Be careful that you are not working at cross-purposes with parents, relatives, peer group drives, etc.

g. The teen-ager is apt to use the technique of disparagement. Be able to take it with a grin. As the counseling process moves forward the suspiciousness will gradually lessen.

h. The teen-ager, as a protective device, is apt to try to get the counselor off on side issues, even to the point of actual deception. It is probably better to let him select, at first, the problems that he would like to discuss. "What would you like to discuss with me today?" It is always risky to force the problem, which perhaps the parents have raised, into the open. Permit the client to take the lead until an atmosphere of warm confidence has been established. If the counselor takes too strong a lead he may block off important communication.

i. Strive to get the frame of reference of the adolescent, even though you may need to saw off about two feet of yourself. Adults need to realize

that there has been considerable erosion of the memory since they were adolescents. The counselor needs to see the world the adolescent lives in, to see things from his point of view, and to think in his terms. See the adolescent where he is and what he is possible of becoming.

j. Be shock-proof and non-condemning. This does not mean, by any means, that you have to approve all kinds of adolescent behavior. It does mean that you need to maintain your faith in the adolescent, and to accept him as a person.

k. Be aware of the social structure from which the adolescent comes. Attitudes toward behavior, particularly as to sex conduct, will be different in different social groups. The counselor needs to take into account all the major influences affecting the young person's life. It requires more patience, more tolerance, more leisurely calmness to counsel with a teen-ager than it does with an adult. It requires a great deal of time, but time can work in your favor. The natural process of growing up solves many of the adolescent's problems, anyway, if he is headed in the right direction.

ROBERT S. HICKS, Pd.D.

*(Abstract of discussion before the 10th annual summer workshop in the technique of counseling, at the AIFR Aug. 14, 1957.)*

## Notes From the AIFR

YOUR SOCIAL EFFECTIVENESS, a series of group and individual conferences for those who want to develop deeper relationships with other people, will be offered again at the Institute office,

beginning February 3rd. Participants will be aided to achieve more satisfying social relationships which could lead to marriage or to a richer living experience. Three main steps to this end, on which the series will focus, are (1) making a good first impression so that people will take a second look, (2) attaining a personality-balance that leads to friendly, rewarding relationships, and (3) becoming emotionally indispensable to another person—the basis for love and marriage. Full details may be had from the AIFR office.

DR. PAUL POPENOE will lead a two-day conference on marriage and family counseling in Dallas, Texas, February 25 and 26. This is sponsored by the Greater Dallas Council of Churches. Meetings will be in the Southern Methodist University. Details may be had from Lloyd H. Jones, pastor of the Greenland Hills Methodist Church, 5835 Penrose ave., Dallas, Texas.

IN ST. PETERSBURG, FLA., Dr. Popenoe and Roy E. Dickerson will lead a one-week Home and Family Life Workshop, in the week beginning March 3. Sponsored by the Ministerial Association, Juvenile Welfare Board, and other organizations, its membership is limited to 150 persons. Details may be had from Mrs. Wyatt E. Dame, marriage and family counselor of the Juvenile Welfare Board of Pinellas County, County Build., St. Petersburg, Florida.

## Research Notes

MORE THAN a generation ago, biologists reported that male-determining and female-determining spermatozoa could be separated by running an electric current through fluid containing them. The former migrated toward the

anode or positive pole, while the latter clustered around the cathode or negative pole. Since then various contradictory researches have been reported. M. J. Gordeon of the University of California has now experimented with rabbit sperm that had been thus separated into two parts by electrophoresis. By artificial insemination of does he obtained 51 males and 29 females, or 63.7% males from spermatozoa collected around the positive pole, and 62 females (71.3%) with 25 males from sperm that clustered about the negative pole. The expectation in ordinary rabbit litters would be approximately equal numbers of the two sexes. It is believed that further experiments will increase the efficiency of this method and that it applies to human as well as to rabbit spermatozoa. (*Proc. Nat. Acad. Science, U.S. Oct., 1957.*)

THREE FOURTHS of the young people who get into "serious difficulty" could have been recognized at least two years earlier, according to a survey of 200 case records made by the Citizens Committee for Children of New York City. Any effective program for preventing juvenile delinquency will have to take account of these "opportunities lost," and deal with the youngsters when they first come to public attention instead of waiting for the commission of some serious crime.

THE LESS EDUCATION you have, the oftener you will marry, according to latest figures released by the U.S. Bureau of the Census. "The educational achievement of persons who remarried was considerably below that for those who married for the first time," it reports. This is another way of saying that people with more education are more successful in marriage and less

likely to be divorced—perhaps also less likely to be widowed.

## **Educational Notes**

ALIEN CHILDREN whom American citizens wish to adopt may come into the U.S. for permanent residence on non-quota visas until June 30, 1959, under legislation enacted at the last session of Congress. In the past it has been virtually impossible for Americans to adopt orphans from many foreign countries because they had to come in under an immigration quota which was already filled for several years ahead.

JOINT CONFERENCE on children and youth will be held in Chicago March 16, 17, 18, according to present plans. Discussion also points to another White House Conference on the same subject in Washington, D.C., in 1960

## **Around the World**

MEXICO'S SUPREME COURT took another decisive step toward the complete elimination of short-order divorces obtained for Yankees, by a decision on November 12 invalidating any divorce obtained in a jurisdiction of which the litigants were not bona fide residents. Many states of Mexico have already outlawed such proceedings, but Morelos (particularly at Cuernavaca) and Chihuahua (at Ciudad Juarez across the river from El Paso, Texas) continued to do a thriving business in such transactions, for the benefit of residents of the United States who wanted to avoid the legal requirements of their own country. Hereafter such divorces will be worthless, unless the actual home of the parties concerned was at the place where the divorce was sought.

## **Nuclear Sex**

Sex of an individual is now generally agreed to be determined by the chromosomes in the nucleus of the spermatozoon or ovum. One combination produces a male, the other combination a female; and this combination is found in all the cells of the body. At a recent symposium on nuclear sex, held in London, E. Slater reported that homosexuals showed a normal cell constitution. Four investigators found, in a study of men with any degree of oligospermia (lack of sufficient sperm in the secretion of the testicle) who attended a fertility clinic, that about 3% were "chromosomal females;" at conception they had been destined to femaleness but in some way had been pushed over into development as males. Dr. Slater also stated further that family study of sex deviates showed that they were likely to be among the later-born in the children of a family. (*Science*, Dec. 6, 1957.)

## **For Successful Marriage**

Unique Marriage Counseling Kit has been prepared by Dr. James R. Hine, director of the McKinley Foundation, 809 S. Fifth st., Champaign, Ill. It consists of two sets of cards, these duplicates each bearing a simple statement concerning marriage as for example, "A wife should obey her husband." Sitting on opposite sides of a table, a couple go through these cards and tally their opinions on a scoring sheet: Agree, Not Sure, and Disagree. Each card can then be read aloud and the couple can discuss those on which they disagree. A suggested answer for the counselor is given on the back of each card. It is believed that this gives inexperienced marriage counselors an

easy way to open a session of pre-marital counseling; that couples who can not get personal counseling can use this device independently; and that even a long-married couple may profit by comparing their answers to these searching questions. The kit is sold at \$4.75 postpaid by the Interstate Printers and Publishers, Inc., Jackson at Van Buren, Danville, Ill.



## **Inexpensive Pamphlets**

LOOKING FORWARD TO SCHOOL, pp. 48, free on request to Equitable Life Assurance Soc., 393 7th ave., New York 1, N.Y.—For parents of pre-school children.

HOW TO RATE YOUR FAMILY, by Blakewell Morrison, S.J. Pp. 32, price 10c from The Queen's Work, 3115 S. Grand Blvd., St. Louis 18, Mo. Other 10c pamphlets from this source (which likewise offers a "Pamphlet-a-month Guild") are *About "those" Catholic marriage laws*, *What NOT to do on a date*, *"You should be going steady,"* and *How do you know it's love?*

TEACHING HOMEMAKING AS A CAREER IN THE NATION'S SCHOOLS, pp. 4, price 5c from Supt. of Documents, U.S. Govt. Printing Office, Washington 25, D.C. Catalog No. FS 5, 11:3528.

VOCATIONAL TRAINING AND REHABILITATION OF EXCEPTIONAL CHILDREN, pp. 144, free to those professionally concerned, on request to The Woods Schools for Exceptional Children, Langhorne, Pa.—Proceedings of a conference held at Northwestern University, May 10-11, 1957.

DOES YOUR WIFE LIKE YOU? by Katherine Neuhaus Haffner, pp. 62, price 20c from Franciscan Publishers, Pulaski, Wis. Others in the series (same price) *Does your husband like*

*you?*, *Are parents a sorry lot?*, and *Letters to Lynn from parents of teens.*

ABC OF HEALTH INSURANCE, pp. 20, free on request to the Health Insurance Institute, 488 Madison ave., New York 22, N.Y.

THE POPULATION BOMB, pp. 24, free on request to the Hugh Moore Fund, 51 E. 42d st., New York 17, N.Y.—Plea for spread of "birth control" to overpopulated countries as a means (among other things) of preventing the spread of communism.

HOME STUDY BLUE BOOK, ed. by Homer Kempfer. Pp. 32, free on request to National Home Study Council, 1420 New York ave., NW., Washington 5, D.C.

MAP OF COLLEGES AND UNIVERSITIES in the U.S.A., free on request to Public Relations, Esso Standard Oil Co., Hutchinson River Parkway, Pelham, N.Y.

CAREER SERIES: 8 pp. pamphlets describing a score of careers, for the information of high school students and their parents. Free on request to Public Relations Dept., New York Life Insurance Co., 51 Madison ave., New York 10, N.Y.—Ask for list.

KNOWING YOUR CHILD, by Laura Oberle. Pp. 48, price \$1 from New Age Publishing Co., 1542 Glendale Blvd., Los Angeles 26, Calif.—seven essays dealing with the spiritual and religious upbringing of children, with much common sense and some admirable pictures of babies.



CZECHOSLOVAKIA is reorganizing its system of education and, among other reforms, is giving a large part to music and drawing, in its nursery schools and kindergartens.

**NEW BOOKS IN BRIEF REVIEW**

**MEET MORE PEOPLE—HAVE MORE FUN**, by Faith Perkins. Pp. 192, price \$2.95 from G. P. Putnam's Sons, New York, N.Y., 1957.

Faith Perkins, the author of this little volume, is a San Francisco newspaper columnist. She writes in an effort to help people to avoid loneliness. She describes the course of loneliness in our changing world and points out that it is possible to be lonely even in a crowd. Today much loneliness is a result of being forced to spend time in job situations where friendliness is required, and a consequent reaction after hours. She has many suggestions where to go to meet people and points out the definitions—who are the best people to meet—have changed as a result of social changes in this country. She urges joining public spirited groups and political groups as a means of meeting other people, and points out that it is possible to climb in the social ladder by working as a volunteer in a public service organization. Her discussion of "Can you meet at church?" is provocative and one of the best that has appeared in recent years. She points out what some churches are doing for single and divorced people and what an individual may or may not expect from his church organization. The latter part of the book is concerned with a discussion of mating through social clubs, by mail, and radio groups. Miss Perkins points out that she started out highly skeptical of the propriety of such activity and wound up with a much more sympathetic point of view. In fact, she seems highly favorable toward the radio and correspondence

mating possibilities. "I can only hope that these are straws in the wind," she says of mail order mating, "weather-vanes which indicate that a brighter, more enlightening day is dawning. When that time comes the need for people to have ways of meeting congenial mates will be recognized, the problems of our changing social mores will be admitted. It will be regarded as a sign of intelligence, rather than a subject for humor, when young people seek help—which could include screening, testing, advice and opportunity—in meeting life partners. That a great deal of this can and will be done by something similar to correspondence clubs I think is highly probable and entirely possible." But, the author adds, "They must be conducted by trained people, with the sanction and blessing of society. Then no one will blush to say, 'We met by mail.' Speed the day!" This is a readable and practical little book.

—Richard H. Klemer, Ph.D.

**THE COMMUNITY OF THE FUTURE**, and **the Future of Community**, by Arthur E. Morgan. Pp. 166, price \$3.00 from Community Service, Inc., Yellow Springs, Ohio, 1957.

The two most fundamental social institutions are the family and the community, asserts Dr. Morgan, perhaps the leading national proponent of the small community, as he suggests ways in this small volume to insure that the spirit of community is not lost in the future. Throughout the ages of human experience the most favorable environment for the development of those most necessary human traits—mutual

confidence, good will, and responsible brotherhood—has been, he maintains, the intimate face-to-face social group which we call the small community. Though Dr. Morgan's prescriptions for society are somewhat unrealistic in this urban era, his insights have been developed from a life of notable achievements and devotion, and the values he stands for are too often overlooked by human planners. — David Popenoe.

**METHODS OF GROUP PSYCHOTHERAPY**, by Raymond J. Corsini, Pp. 251, price \$6.50 from McGraw-Hill Book Co., 330 W. 42nd st., New York 36, N.Y., 1957.

"The first general textbook published in the growing field of group psychotherapy" seems to be the aim of the author. As an introductory text it covers history as well as practice of group psychotherapy. The author does an excellent job of pulling together much of the important material which represents the significant thinking and experience in the field so newly developed as group psychotherapy. The major values of the book seem to be these: it is a source book; it attempts to organize the material of group psychotherapy about four different approaches to personality; it discusses the group therapist, who is not the least important factor in any group work according to views of this reviewer; there is an attempt to overcome the semantic barrier by collating the terms used in psychotherapy, e.g. 166 mechanisms found in the literature are reduced to 9 major mechanisms plus 7 minor mechanisms; and there is an extensive bibliography for the students of the field. The weakest section is the actual transcribed sessions of the four

types of group psychotherapy, based upon personality theory mentioned above. Neither the student of group psychotherapy nor the group practitioner should miss reading this text.—C. E. Phillips, M.A.

**A BABY IS BORN**, published by Maternity Center Association, 48 E. 92nd st., New York 28, N.Y. Pp. 66, \$6.00, 1957.

This parents' edition of the Birth Atlas contains more illustrations and expanded text material in three languages, English, French, and Spanish. The addition of the section on breech delivery is especially valuable. Parents can well use this book to teach their children, even the very young, how life is passed on.—Mary Jane Hungerford, Ph.D.

**REMOTIVATING THE MENTAL PATIENT**, by Otto von Mering, and Stanley H. King. Pp. 216, price \$3 from Russell Sage Foundation, 505 Park ave., New York 22, N.Y., 1957.

"Rays of hope are beginning to penetrate the heavy curtain of despair that has long hung over our public hospitals for the mentally ill," says the introduction to this important book. In the past these institutions have too often been, for a large proportion of the patients, merely custodial places—Museum Wards, the book frequently calls them,—in which the chronically ill were locked up with the attention of perhaps one ill-trained psychiatrist for every 500 patients. New procedures are directed toward either keeping patients out of the hospitals, altogether, or of getting them out quickly; but the thesis of this book is that something worthwhile can also be done to bring

the long-term chronic cases into a semblance of life. This requires treating the patients as individual human beings; it demands a larger and better-trained staff of nurses and attendants than is now usually found; but much can also be done by volunteer effort. Since the burden of the mentally ill is so enormous, this book deserves careful study by every citizen; but it should also be the source of many ideas that an individual family can use in dealing with its own aged and somewhat senile members. Dr. von Mering is a social anthropologist, Dr. King a psychologist, both at the University of Pittsburgh.

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THE MEANING OF PERSONS, by Paul Tournier. Pp. 238, price \$3.75 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1957.

Dr. Tournier is a Swiss psychotherapist. With a wealth of anecdote and reflection, he points out that we ordinarily see only a personage, a mask,—the artificial product of culture, the sum of roles played in ordinary activity. The authentic person is behind all this, can not be revealed by science or by introspection, but only by spiritual insight. True realization of the self, he concludes, can be found only through religion, and specifically through Christianity.

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RELIGIOUS DIMENSIONS OF PERSONALITY, by Wayne E. Oates. Pp. 320, price \$4.50 from Association Press, 291 Broadway, New York 7, N.Y., 1957.

Dr. Oates, professor of psychology of religion and pastoral care at Southern Theological Seminary, Louisville, Ky., is widely known in the field in-

dicated by the title of this new and thoughtful book. He reviews the contributions of psychologists, points out their inadequacy, dismisses dualistic approaches, and outlines the place that religion plays in the development of personality, underlining the distinctive Christian contributions.

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MENTAL ROBOTS, by Lewis Alesen. Pp. 107 (paper cover, no index,) price \$1.50 from The Caxton Printers, Caldwell, Idaho, 1957.

This is the most violent attack on the Mental Health Movement that has been published from any responsible source. The author is a Los Angeles surgeon, past Chief of Staff of the Los Angeles County General Hospital, and past president of the California Medical Association. He considers the Mental Health Movement to be a start not merely toward socialized medicine but toward a collectivist society in which the individual will become merely a slave of the State. He demands that government be eliminated completely from activity of any kind in the health care field (save as necessitated by police power) and that private, voluntary activity be relied upon,—“more emphasis upon individual responsibility, individual self-reliance, and individual respect.” Most readers will probably feel that the author’s zeal has carried him too far afield, but some of the facts he presents are sobering, and some of his quotations from psychiatrists indicate that at least a few of these are also letting their zeal carry them too far afield.

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NO AND YES: on the genesis of human communication, by Rene A. Spitz. Pp. 170, price \$4 from International

Universities Press, 227 W. 13th st., New York 11, N.Y., 1957.

Detailed and technical study of the development of the personality in infancy, in the light of some of Freud's principles. The book will appeal mainly to the professional psychologist.

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THE PLACEMENT OF ADOPTIVE CHILDREN, by J. Richard Wittenborn. Pp. 189, price \$4.75 from Charles C. Thomas, 301 East Lawrence ave., Springfield, Ill., 1957.

The adoptive placement of children "comprises possibly the most intricate field of social work practices," says Dr. Wittenborn, professor of psychology and education at Rutgers University. How far are present methods successful? He followed up more than 200 children who had been given tests at Arnold Gesell's clinic in Yale before they were placed, and concluded that these tests can not be shown to have any useful predictive validity. The factor of real importance in successful placement is not the child but the prospective parents, he says in effect, and better means of studying them are needed. He makes many suggestions for improvement of present social work methods, and for further research.

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ALCOHOLICS ANONYMOUS COMES OF AGE, pp. 335, price \$4 from Alcoholics Anonymous Publishing Co., New York, N.Y., 1957.

Starting with the experience of two men in Akron, Ohio, a unique therapeutic movement to help people stop drinking has evolved in 21 years into the loosely organized Alcoholics Anonymous, with 200,000 members in 7,000 groups in 70 different countries. A convention was held in St. Louis,

Mo., to celebrate the twenty-first birthday. This book gives a chatty, scrappy, but fascinating story of the movement. It is largely the work of the co-founder described only as Bill W., but contains documents from other sources. Without exaggerating its success, readers must recognize that it has opened new possibilities of therapy, rendered some of the conventional psychoanalytic dogmas largely obsolete, and brought "cure" to thousands with whom medicine had failed. Its "legacies" of Recovery, Unity, and Service, are spreading steadily. Anyone interested in human nature will find this book worth reading and re-reading.

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HOW YOU GROW UP, by William C. Menninger et al. Pp. 187, price \$2.95 from Sterling Pub. Co., 121 E. 24th st., New York 10, N.Y., 1957

Half a dozen of the popular pamphlets for adolescents, in the Science Research Associates series, brought out in book form.

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SING TROUBLE AWAY, by Lydia Fern Tallmadge and William H. Tallmadge. Pp. 50 (paper covers, large), price \$3.95 from Teachers Library, 1790 Broadway, New York 19, N.Y., 1957.

A song-with-music book planned for use by teachers and counselors in the primary grades. These action songs offer a new and creative experience for children who can, through them, express their feelings and act their problems away. There is a topical index, and explanatory test for teachers. The book might also be helpful in many homes where there is still a piano or some other means of accompaniment.

## FOR THOSE WHO DEAL WITH YOUNG PEOPLE

The American Institute of Family Relations offers pamphlets and booklets that will help you to answer the questions young people ask, frankly, convincingly, and in the light of modern science. Here are a few selections from the list:

201. Home Study Course in social hygiene guidance and sex education; six lessons in pamphlet form by Roy E. Dickerson with nine additional pamphlets by Paul Popenoe and diagrams of male and female reproductive organs with explanatory text by Robert L. Dickinson. Send for detailed prospectus of this unique course, invaluable not merely to parents but to teachers, executives of youth organizations, clergymen and others who are called on to deal with modern youth. Total cost only.....\$2.00

Simple, popularly written pamphlets to be put in the hands of adolescents:

- 4. How do you know it's love?
- 5. Four reasons why girls pet.
- 26. How do you know you're in love?
- 28. Are virgins out of date?
- 204. Why aren't boys told these things?
- 304. Your inferiority complex.

Any of the above sent for, each.....10c

An unusual pamphlet for young men in senior high school, in the army, or in industry; equally valuable to their sisters,—a practical discussion of the problems of growing up emotionally, of the place of sex in life before marriage, and of the biological basis of ethical standards:

23. Building sex into your life.....25c



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The Institute publishes more than a hundred books and pamphlets dealing with every phase of marriage and family life. Here are two popular ones:

**1. PREPARING FOR MARRIAGE —**

The Institute's widely known "Premarital Conference" pamphlet, dealing with sexual adjustment in marriage. It has proved to be just as valuable to many persons already married, as to those looking forward to marriage. Sold at \$15 per hundred or \$2.50 per dozen; single copy.....25c

**23. BUILDING SEX INTO YOUR LIFE —**

A Pamphlet intended for young men going into the army or industry; equally valuable for those in senior high school or college; but no less valuable to their sisters, parents, and educators. A simple statement of sexual ethics, constructive and soundly scientific. Sold at \$15 per hundred or \$2.50 per dozen; single copy.....25c

**FAMILY LIVING CONFERENCES**

led by experts from the Institute's staff, are available to any community which is seeking to strengthen family life. Informal lectures and discussions on preparing for marriage, marital problems, parent-child relationships, preparing for retirement, social and business relationships, and other vital matters, provide an opportunity for many people to think and work together in an informal and stimulating atmosphere. These conferences, of one two, or three days, have been highly successful wherever they have been held.

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